

## **Personal Wellbeing: Life Skills & Resilience**

Lesson No.	Learning Outcomes The learner will:
Lesson 1	1. Explore and discover positive thinking.
Lesson 2	2. Develop knowledge regarding negative self talk and positive affirmations.
Lesson 3	3. Be able to define what a 'role model' is and identify how they can be used in everyday life.
Lesson 4	4. Be able to use confidence building strategies to empower thinking.